

Baked Sweet Potato Chips

Baked sweet potatoes chips are a tasty treat. Slicing them takes longer than baking them. Once sliced and baked, they can be easily frozen and broken apart for snacks at later times. Chips can be dehydrated and taken on trips. These chips are generally the sweet potato treat recommended for dogs. Please check with a veterinarian before feeding dogs special treats. For dogs, do not include sugar or butter. Only a dash of salt to help soften the sweet potato bonds and make the sweet potato more edible. It isn't necessary to take skins off, if they are well washed.

Pre Cook Preparation:

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Pepper
- Spices
- Sweet potato

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: Stainless steel baking sheets

Ingredients:

Meat: None

Vegetables:

- Sweet potatoes

Other ingredients:

- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Carefully slice sweet potatoes as thinly as possible.
2. Arrange on baking sheet.
3. Add a dash of salt, or optionally other spices as desired.
4. Place baking sheet in oven.

Cook Temperature: 350 degrees

Cook Time: Varies based on chip thickness. Check after about 8 minutes.

Servings: 1 baking sheet is 2 to 3 servings

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 1.20 minutes.

Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.

Add your oven time here: _____.